

... How I feel affects other people!!!



Turning Points

If I wake up today, the exact same person I was yesterday
Perhaps I never went to sleep . . .

For, through the years, as my mind has hungered for knowledge
My curiosity has gotten the best of me,
Even when I gave it no target. . .
And my ability to understand yesterday
Fuels the happiness I continuously *plan* to enjoy.

A happiness and joy I accept into my life
In as many ways as possible,
Recognizing its short and long term intentions in retrospect.

I hold onto each moment
Outwardly bold, courageous, and determined. . .
(While inside afraid, bewildered, and cautious)
And my belief system asks that I acknowledge my fortune
And reward myself for mastering change as I have.

Though I can't remember the first step or fall I've taken,
I recall the last.
Unable to quote each word I've spoken or heard,
I share my wisdom... recount all I've learned...
I've refused to give in... turned down offers... missed an opportunity
Forgotten & Forgiven ... Loved & Lost ... Won & Wondered
And my belief system asks that I acknowledge my spirituality
And reward myself for mastering change as I have.

Since I reached my first goal this morning (waking up)
I've lived each minute and second unlike the last
And as I focus on what I'm good at and what I like about myself
I live for the present, not the past.

For I could have surrendered a long time ago
Instead I chose to stay,
To brace myself for the next turning point
And call it "yesterday."